

ST. LOUIS ARMY ENGINEER DIST **ESPRI**

Vol. 36 No. 4

GATEWAY TO EXCELLENCE

April 1999

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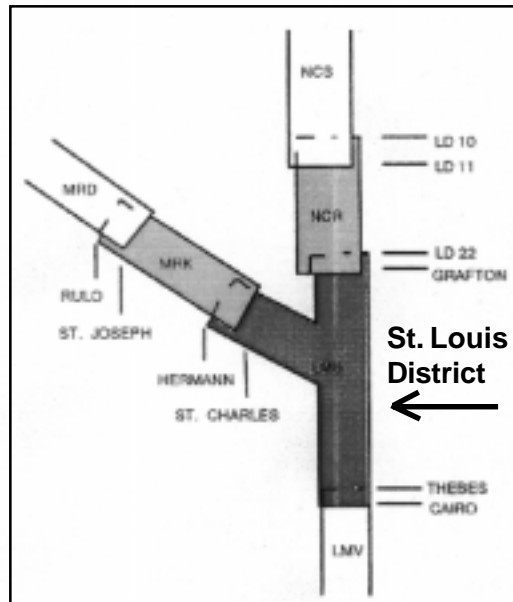
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Winning computer model

The Mississippi Basin Modeling System (MBMS) is one of the winners of the "Seven Wonders of Engineering in Minnesota for 1999." A number of people in the St. Louis District helped make it happen. Dennis Stephens, ED-HE, was a key contributor on the five district, two division team that put together this model of more than 2000 miles of the Missouri and Upper Mississippi River System. The model has been

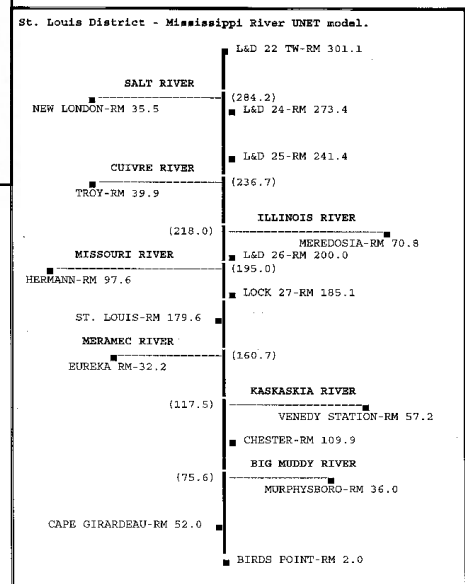
used on several occasions for flood forecasting in the St. Louis District. Joan Stemler, ED-HP, is probably the first water control person to apply the model in day to day work. She was also instrumental in contributing to a good working model. Jule Bartels, ED-HP, is the system administrator for our Water Control Section. He made sure the model was up and working in the St. Louis District. This is a big task in itself. It



is a tremendous improvement over what we had to work with just a few years ago.

The MBMS is a state-of-the-art hydraulic computer model of the Mississippi River from Anoka, Minnesota, to the Gulf of Mexico. For the first time, there is a system-wide model that can be used in the routine day-to-day regulation and forecasting for the Corps of Engineers locks and dams on the Mississippi and Illinois Rivers. The MBMS allows state and federal agencies,

(Continued on page 6)



St. Louis District portion of the model.



April 22, 1999

Take Our Daughters To Work Day

Why take daughters to work?

Research on the development of girls shows that self-confident eight-year-olds may lose confidence in their abilities as they focus on their appearance.

While boys are influenced early to plan for a lifetime of work and career development, many girls are not. The reality, however, is that most women work outside the home for most of their lives.

Research by the University of North Carolina-Greensboro and the University of Maryland suggest

that going to work with either a mother or father will help a girl nurture career aspirations.

What if you don't have a "big job?" Whatever your work may be, it contributes to the organization and the nation. It has value. Nicky Marone, author of *How to Mother a Successful Daughter* (Crown) says, "We have to help our daughters to see that the female contribution is a powerful one, and it reaches far and wide."

Bring your daughter to work on April 22 and give her a view of the working world. She could decide what type of work she likes and how to prepare for it.



St. Louis District Employee of the Month

Mrs. Karen Bautsch, of the Engineering Division, has been chosen as the District's Employee of the Month for April.

Mrs. Bautsch is willing to take on any challenge. She constantly volunteers for additional duties. She spent many long and difficult hours helping employees with the new CEFMS system. She is always courteous and helpful fielding many public inquiries. She plans or schedules more than 1,000 meetings a year, reviews correspondence and routinely suggests appropriate revisions. She insures that all the little things are taken care of and makes this a better place in which to work.

Congratulations to Karen Bautsch, St. Louis District's employee of the month for April.



**US Army Corps
of Engineers**
St. Louis District

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News Briefs

District headquarters

Engineers Week

This year the District participated in various activities as part of Engineers Week. It all began with a panel discussion of "Engineering, past, present and future" with questions and comments provided by District employees.

Mr. John Berry, author of "Rising Tides," spoke at a program jointly sponsored by the St. Louis Post of S.A.M.E. and other societies.

Brenda Tope, ED-SD, volunteered to help in a day long math

competition between 7th and 8th grade students, involving individual and team contests, called MATHCOUNTS. She also participated in an outreach program where she was paired with a student to discuss engineering and career choices.

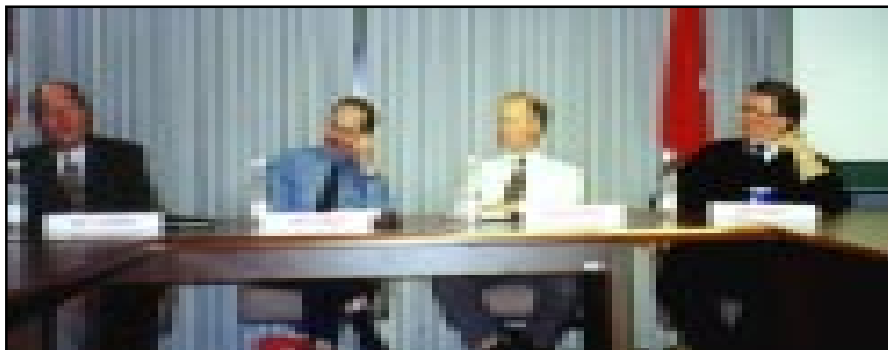
The District participated in a Rotary Club luncheon in honor of Engineers Week.

And John Dierker, ED-X, Lloyd Coakley, ED-HP, and John Boeckmann, ED-HE, manned a District display and booth at the Science Center as part of Engineer Week activities.

we are doing at the projects. Although the shows make for some long weekends, they are an excellent tool in reaching out to our customers. Hundreds of people say, "I am so glad you were here at the show. I can't wait to visit the park this spring."

Prescribed burn

Throughout time, fire has been an integral part of the natural ecosystem. By using fire, natural resource managers have employed a cost-effective and natural method of management on public lands. If properly timed and carefully managed, fire can create a diverse vegetative community and enhance wildlife populations. Corps resource professionals at Mark Twain Lake recognize prescribed burning as an effective land stewardship practice and use this tool in the management of native prairie and cool season grasses. Desirable grasses can thrive by the burning of dead material and undesirable vegetation.



Jim Carter, Chief of Con-Ops, Dave Leake, Chief of Project Management Branch, Mel Baldus, Chief of Engineering, and Mike Dace, Chief of Ordnance and Technical Services Branch participate in an engineering panel discussion.

Mark Twain Lake:

Recreation shows

In an effort to overcome adverse publicity associated with high water and fishing prospect rumors, Park Rangers from Mark Twain Lake attended seven outdoor recreation shows this winter in the tri-state area. They made over 6,000 personal contacts and disseminated thousands of lake maps, park information guides, water safety brochures, and more. Customers purchased annual day-use

passes, golden age cards, and those eligible were issued golden access cards. Many complimentary comments were received about the Corps of Engineers and the job that



The Corps of Engineers at Mark Twain Lake annually burns approximately 300 acres of carefully chosen public lands. Burning is generally performed from March through May, before new spring

(Continued on next page)



News Briefs (cont.)

vegetative growth. Prescribed burning is conducted under well-planned and controlled conditions to insure safety and success.

Lake Shelbyville:

Fish habitat

The 19th Annual Fish Habitat Improvement Day was held at Lake Shelbyville on February 20. Forty-two volunteers placed approximately 600 discarded Christmas trees in the lake to increase the amount of shelter space for the smaller fish. This technique also attracts larger fish that like to prey on the smaller fish. The volunteers were treated with a chili lunch that was provided by American Angling Association.

Doty achievement

Park Ranger Pam Doty received a certificate of achievement from the Fayette County Soil & Water Conservation District for providing excellent environmental education during 1998.

In 1998 Pam partnered with the Fayette County SWCD to present "Snakes of Illinois" assemblies to Fayette County 5th and 6th graders. She also presented snake programs during Conservation Field Days and aquatic life programs during Envirothon that the Conservation District hosts every year.

This has proven to be a successful partnership. In addition to the programs that Pam presented at SWCD activities, SWCD personnel helped present outreach programs to area schools that came to Lake Shelbyville.

Wappapello Lake:

Drag boat race

As a reminder, the St. Louis Drag Boat Association will be conducting the Annual Silver Bullet Drag Boat Race on 22 and 23 May 1999, at Wappapello Lake. This event will be at the Redman Creek Recreation Area from 10 a.m. - 6 p.m. each day. Last year this two-day event had approximately 31,000 spectators. We apologize for the error in announcing the date on 15 and 16 May. The date was changed unexpectedly.



Indian village

On 21 -23 May 1999, an Inter-tribal Living Indian Village will be held at Wappapello Lake. This event will be located at the Greenville Campground, two miles south of Greenville Missouri on U.S. Highway 67. Come walk through a living Indian village and see hand made arts and crafts, witness live dancing and craft demonstrations. Step back in time and witness how Native Americans lived hundreds of years ago. This is a free event and open to the public.

Solar Day

Members of the Wappapello Lake staff will be attending the annual Solar Day activities in Charles-

ton, Missouri, on 14 May 1999. This event provides important environmental and natural resource stewardship information to approximately 450 Southeast Missouri students.

Andrew nominated

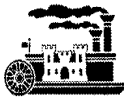
Andrew Jefferson was nominated as the St. Louis District's nominee for the Hiram M. Chittenden Award. Andrew excelled in his push for the Public Safety Education Awareness Program. This Program expanded under his leadership to include the Ranger Willie B. Safe program initiatives and over 60 water safety partners. Andrew, Kathy, and Donna were invited to be presenters of the Ranger Willie B. Safe Program at the National Safe Boating and Water Safety Summit to be held in Albuquerque, New Mexico, on April 23, 1999.

Carlyle Lake:

Eco program

Lake staff attended the third annual Illinois Department of Natural Resources, Eco-Systems Conservation 2000 and Eco-Watch Program conference in Springfield, Illinois. The conference was geared toward improving communications between the 28 approved partnerships and to establish connections between volunteers monitoring the local C-2000 partnerships. The C-2000 is a comprehensive project with special state funding used to protect Illinois' natural resources through cooperative partnerships between state government and public and private landowners.

(Continued on next page)



News Briefs (cont.)

Warden's tour

The new Warden of the Greenville Federal Institution, Mr. Charles Gilkey, toured the lake to view some of the projects the federal inmates had accomplished. The inmate work program started last March, with six to ten inmates working at the lake daily.

Lake partnerships

Carlyle staff attended the Carlyle Lake Eco-system partnership meeting last month. The meeting gave the committee an opportunity to review the draft watershed plan and other alternative management practices to prevent soil loss and erosion and look at water storage plans suggested by the technical committee. The partnership is made up of interested landowners, farmers, businesses, villages and municipalities and other state and local government agencies.

Coalition meeting

Carlyle staff attended the Okaw River Basin Coalition 25th Anniversary meeting in March to get an update on the progress of the organization and C-2000 projects.

Safety Days

Park rangers participated in the Kaskaskia College Safety Days event held for 6th graders from area schools. They presented 16 sessions on water safety to more than 250 kids.

Presentations

The interpretation department gave 26 presentations in March

about various topics such as wildlife, the environment, Carlyle Lake, careers with the Corps and water

safety. A total of 651 attended these programs.

Corps gets grant from USFWS

As part of a partnership to enhance fisheries habitat in the side channels of the Middle Mississippi River, the U.S. Fish and Wildlife Service (FWS) has provided the Corps of Engineers, St. Louis District, with an interagency grant from the Service's Fisheries Habitat Restoration Partnership for habitat enhancement in the Marquette Side Channel. The side channel is located across from Cape Girardeau, Missouri. This is part of the St. Louis District's Avoid and Minimize Program.

The Avoid and Minimize Program has been a highly successful, cooperative effort among the conservation agencies of Illinois and Missouri, the FWS, the River Industry Action Committee, the Long Term Resource Monitoring Program and the Corps. This partnering group is a leader in the effort to preserve and enhance the 23 side channels in the open river portion of the Mississippi River in the St. Louis District. These unique habitats are vital to the overall health of the aquatic communities of the open river ecosystem.

Through its Avoid and Minimize Program, the St. Louis District has been working with its partners in a cooperative effort to provide structural and other modifications necessary to improve the existing habitat. The grant from FWS was used to construct an additional notch in the upper closing structure of the

Marquette Side Channel. Matching funds came from the St. Louis District's Avoid and Minimize Program and in-kind matching came from the Illinois Department of Natural Resources and the Missouri Department of Conservation.

After micro-modeling, engineers recommended that two 300 foot wide by 10 feet deep notches be cut into an upper closure structure to Marquette Chute. This would not result in significant water being diverted from the navigation channel passing Cape Girardeau, Missouri.

Since 1992, the Avoid and Minimize Program has restored aquatic habitat in Santa Fe Chute on the Mississippi River, created Least Tern nesting habitat, monitored pallid sturgeon habitat use and micro-modeled restoration options for other side channels.

Quote of the month

When we all think alike, no one thinks very much.

Walter Lippmann

This month's test sentence

In fact, we conduct surveys of our customers on a regular basis.

Sentence revision on page 11.



One year anniversary **Career Enhancement Opportunity Program**

by David Hobbie, CO-F

The last year went by in a flash, and as of March 17, 1999, the CEOP program was in existence for one full year. There have been some success stories with the program and, as always, there are areas for improvement. The CEOP committee is anxious to help even more employees experience some career enhancing opportunities.

To date, approximately 160 participants from all areas of the St. Louis District are enrolled in the CEOP program. There have been several developmental assignments and various other career opportunities in which the CEOP committee has played a key role in facilitating and filling.

When the program first kicked off a year ago, the committee was definitely challenged with the overwhelming response of interested employees. One area that demanded a significant amount of time was the single most important aspect of a successful program - matching. The committee was committed to finding as good a "fit" as possible to ensure a quality and enduring mentor/mentee relationship. In order to obtain the good "fit," in many cases, mentors were recruited. In other cases, matches were tried and found to be unsatisfactory, requiring a rematch. As a result of persistent efforts, approximately 65 matches are now in effect! If during this initial phase of the first year you expressed interest, but were not processed to your satisfaction, please contact one of

the committee members so the situation can be rectified.

Although new participants are accepted at any time to be matched, the committee is now prepared to focus on other aspects of the program such as procedures for processing developmental assignments, cross training, etc. A feedback mechanism is to be refined and instituted in order to make constructive changes.

As you may remember, one of the several assurances of sustainability built into the program is to rotate committee membership over time. In line with that concept, there have been a few recent committee membership changes. A couple of the committee members have moved on (Cindy Morales and Dennis Fenske) and have been replaced by David Hobbie and Jennifer Watkins. The committee is currently working on easier methods to participate in the program, such as providing the forms in an electronic version to help simplify the enrollment process. These are just a few of the things on which the committee is working to better serve all participants.

Once again, the committee would like to thank everyone for his or her participation and understanding. For information concerning the CEOP program, you may contact: Ginny Mueller at 314-331-8679, David Hobbie at 314-331-8579, James Brown at 314-331-8410, Lawrence Williams at 314-331-8805, Pat Dibello at 314-331-8545, or Jennifer Watkins at 314-331-8016.

MBMS (cont.)

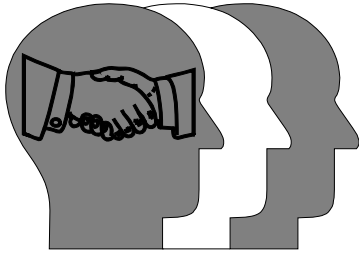
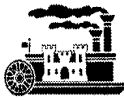
river-based businesses and local communities to operate in an orchestrated fashion, anticipating changes in the river even before the rain falls. The model is real time, incorporating daily weather predictions from the National Weather Service River Forecast Center (NCRFC) with daily stream gage readings.

Thanks to a graphical user interface, the model boasts a point-and-click ease of operation that is unprecedented in such a technically complex hydraulic model. The model results are provided to the NCRFC. Forecasts are posted on the Internet, accessible to all. Private individuals and companies who use the river are accessing the web site.

Following the flood of 1993, Congress tasked the Corps to conduct a comprehensive, system-wide study to access flood control and floodplain management practices in areas that were flooded. This Floodplain Management Assessment (FPMA) and a federal interagency study chartered by the White House (The Galloway Report) both identified the need for a river forecast model. There was no uniform, system-wide unsteady flow model of the Mississippi and Missouri River basins to analyze and predict system-wide impacts of various alternative actions during flood events.

Successful completion of this project hinged upon a team whose members blended geographic, technical, research and numerical applications experiences. The MBMS effort has brought together the expertise of the NCRFC with the hydraulic/river expertise of the Corps of Engineers. This sharing of information provides improved forecasts for the Mississippi River. Cooperation among agencies,

(Continued on next page)



EEO matters

Lessons From Best Practices in EEO Business

There are dozens of "best practices" adopted by private sector firms, according to an Equal Employment Opportunity Commission (EEOC) study. The study, "Best Practices of Private Sector Employers," may provide an "idea bank" for federal agencies as well. The commission identified best practices in:

1. **Recruitment and hiring.** Establish a "communications network" to spread the word about employment opportunities in your agency.

2. **Promotion and advancement.** Establish methods to identify people with potential, and build "talent pools". Engage in succession planning.

3. **Terms and conditions.** Employers must monitor their performance appraisal and compensation practices to make sure that people who work equally well are equally rewarded. Compensation should be linked to performance and skills.

4. **Termination and downsizing.** EEOC recommends

that employers try to avoid laying off workers. But when they can't, they should put together outplacement plans. Can early retirement offers reduce the need for downsizing?

5. **Alternative dispute resolution.** Consider the various ADR options. "Voluntary employee participation is the best" according to EEOC.

6. **Other practices.** Training programs can help all employees learn their rights and responsibilities regarding equal opportunity without regard to race, creed, color, gender and religion. They can also promote understanding of the need to provide a workplace that's harassment-free.

EEOC came up with an acronym that sums up all the best practices "S.P.L.E.N.D.I.D.", which stands for: Study, Plan, Lead, Encourage, Notice, Discussion, Inclusion, and Dedication.

Study. Employers can't solve EEO problems until they first find out where they are. Employers who believe in EEO look for and elimi-

nate any barriers blocking people from competing on an equal footing.

Plan. Once you have found out what barriers exist, propose solutions to eliminate them.

Lead. It has become a cliché, but that's only because it is true. Diversity programs, like any other program, need the commitment of top management.

Encourage. Agencies get the behavior they reward. If they want equal employment opportunity for all, they must reward people who live that principle.

Notice. Take a look at the impact your policies and practices have on equal employment opportunity. What procedures do you have in place for problem solving?

Discussion. Communicate to employees the business behind diversity.

Inclusion. Include all groups - including white males - in planning and implementing diversity programs.

Dedication. Put the money and time into diversity that is required for long-term success.

The St. Louis District can be credited for having some of these "best practices" in place. However, we must continue to monitor and assess our programs and procedures to determine if they work or need improvement.

MBMS(continued)

including the Corps of Engineers, the National Weather Service River Forecast Center and the U.S. Geological Survey, was essential.

The MBMS is being used for real-time day-to-day regulation and forecasting on the Mississippi River. During the spring flood of 1997, the model provided accurate forecasts for

the St. Paul District's extensive flood activities. In 1998, the National Weather Service forecasted a fairly significant rainstorm in the Chippewa River basin. Operators along the river, including the locks and dams, were able to adjust their operations on the basis of the model forecast river stages, even before the rainstorm had occurred.

Congratulations to Dennis, Joan and Jule for their major contribution to this outstanding flood forecasting system.

For more information about MBMS check out the web site at www.mvp-wc.usace.army.mil/mbms/mspe/.



Recreation areas are opening

Camping, Fishing, Boating, and Hiking are on the top of our list of things to do during the approaching spring. Mark Twain Lake is the perfect place to unwind and enjoy these outdoor activities.

March 26 was the opening date of the Ray Behrens and Indian Creek Campgrounds. Electric hook-ups, shower facilities, picnic tables, grills, full service marinas, boat ramps, and dump stations are available. Both campgrounds are \$12.00 per night. Campers at Indian Creek can also enjoy a beach (opens April 30) and a hike-in camping area. The hike-in area is only \$6.00 per night.

The Frank Russell Campground opens April 30. It offers electric hook-ups, shower facilities, picnic tables, grills, dump station and is in close proximity to the Clarence Cannon Dam, the Boudreaux Visitor Center and Ray Behrens Boat Ramp.

Frank Russell is also unique because it leads directly into the 32-mile JoAnna Trail. This trail has been very popular with mountain bikers, hikers, and horse/mule riders. A horse corral with individual stables is available to equestrian campers in the Frank Russell Campground.

At all campground amphitheaters, Park Rangers present interpretive programs on weekends throughout the summer. Check the weekly schedule of activities posted in the campgrounds and the M.W. Boudreaux Visitor Center.

The M.W. Boudreaux and Indian Creek Group Areas will be available for camping and picnicking by reservation only. The cost is \$12.00 per night per site (3 sites

minimum). The reservation procedures below apply to the group camp areas unless the entire area will be rented. To reserve entire group camp areas call the project office at (573) 735-4097.

Several picnic areas will be opening around the lake for you and your family, friends or organization to enjoy. Picnic shelters are available on a first-come first-served policy unless a reservation for the shelter is posted. Picnic shelters are located in the M.W. Boudreaux

reserveUSA.com - pending

On April 30, the beach at the John F. Spalding Recreation Area will open.

A day-use fee is required for the use of the beach. The fee is \$1.00 per person over the age of 12, with a maximum cost of \$3.00 per vehicle. All children under the age of 12 are free. A day-use fee of \$2.00 is also required to launch boats at the Ray Behrens, Robert Allen, South Fork, Stoutsville, Indian Creek, and John F. Spalding



Group Use Area (open April 23), John F. Spalding Picnic Area (open April 2), Indian Creek and Ray Behrens Picnic Areas (open April 23), and the Warren G. See South Spillway and Bluffview Recreation Areas (open all year).

This year there are two easy ways to plan ahead and make reservations for camping, group camps, and shelters:

1. Phone Toll Free (877) 444-6777 (444-NRRS) - immediately.
2. Internet Access - <http://>

Recreation Areas. If you are a regular visitor to Corps facilities you may purchase an annual day-use pass for \$25 from the Project Office, M.W. Boudreaux Visitor Center, or campground fee booths. Annual passes are accepted at all Corps Projects throughout the United States. The day-use fee is not applicable to visitors registered at Corps of Engineers' campgrounds.

Golden Age/Access Passports are available at the Project Office,

(Continued on next page)



Coming Lake Events

Carlyle Lake

June 5 - Sept. 4	Arts & Ecology Series
June 5-6	Egyptian Club Sailing Regatta
June 19-20	National Regattas of Flying Scotts
July 3	Fireworks Spectacular
July 17	Kaskaskia Duck Race
Aug. 11-12	Lightning Regatta of North America
Sept. 11-12	Whale of a Sail Regatta
Sept. 18	Carlyle Lake Cleanup
Oct. 22-23	Haunted Trail
Nov. 7	Youth Pheasant Hunt
Dec. 3	Christmas USA Visitor Center Lighting

Lake Shelbyville

June 5	Kids Fishing Tournament
June 6	National Trails Day
June 24	Boater Safety Course
June 26	Aquafest Water Safety Carnival
July 2	Dog-O-Rama Dog Show
July 4	Fireworks Extravaganza
July 13-15	Environmental Educator Workshop
Oct. 7	Eco Meet

Rend Lake

May 6-7	Earth Day Celebration
May 22	Boating Safety Course
May 29 - Sept. 4	Environmental Science Series and Sunset Series of Programs
July 3-4	Taste of Freedom Festival and Fireworks
July 24-25	Hunter Safety Course
Aug. 7	Summer Beach Blast

Sept. 11 Rend Lake Cleanup

Wappapello Lake

April 10	Mo. Beautification Assoc. Road side Cleanup
April 13-14	Earth Day
April 17-18	21st Annual Old Greenville Black Powder Rendezvous
May 21-23	Intertribal Living Indian Village
May 22-23	10th Annual Silver Bullet National Drag Boat Race
June 5	Poplar Bluff Rod & Kustom Car Show
June 13	9th Annual Disabled Persons Fishing Day
July 3-4	Waterfest '99
Sept. 18-19	8th Annual Old Greenville Days
Nov. 26-Dec. 25	7th Annual Festival of Light Christmas Auto Tour

Mark Twain Lake

June 1-27	Outdoor Writers Assoc. of America Photo Exhibit
June 5	National Trails Day
June 12	Kids Fishing Day
July 2-4	Mark Twain Lake Rodeo
July 10-11	Primitive Artifacts Weekend
July 11	Mark Twain Lake Waterfest
Aug. 14-15	19th Annual Salt River Folklife Festival
Sept. 4-5	North American Bullriding Assoc. World Championship Finals
Sept. 24	Environmental Education Fair
Oct. 2-3	Missouri Mule Days
Oct. 9	An Adventure in Astronomy

Recreation areas (cont.)

visitor center, and campground fee booths. The Golden Access Passport is free to those who are eligible to receive federal benefits because of blindness or permanent disability. The Golden Age Passport may be purchased for \$10 if you are 62 years of age or older. Both cards will entitle the cardholder to a 50% discount on certain federal user fees, including camping and day-use fees.

Beginning March 27, the M.W. Boudreaux Visitor Center opened daily. The Clarence Cannon Power-

house opens weekends starting May 1 and daily starting May 31. Come out and take a self-guided tour of the visitor center and powerhouse. At the powerhouse, interactive displays demonstrate how water from the lake is used to generate electricity. The visitor center features a museum showing the history of Northeast Missouri and the construction of the Clarence Cannon Dam. Information on the variety of wildlife and recreational opportunities around the Mark Twain Lake region are also available.



To your health

April is Cancer Control Month

What you can do to protect yourself

Cancer has yet to surpass heart disease as the number one killer in North America. But while deaths from heart disease are declining, cancer is still on the rise.

Here's what you can do to protect yourself:

Break the cigarette habit. More than 80 percent of all lung cancer is caused by smoking. Since 1972 lung cancer rates in men have risen by 15 percent. Lung cancer rates in women have risen by an astounding 147 percent. It is the leading cause of cancer death in women.

Limit exposure to the sun. Cases of skin cancer are increasing significantly. More than 600,000 cases of skin cancer diagnosed each year are thought to be sun related. Always avoid prolonged exposure between the hours of 10 a.m. and 3 p.m. If you must be outdoors, wear adequate sunscreen protection.

Go easy on alcohol. Men who drink have a 2 to 6-fold greater risk of cancers of the throat and mouth.

The risk is even greater for women. Those who both smoke and drink increase the risk of throat and mouth cancer by as much as 25 fold.

Cut down on dietary fat. A diet that is high in fat seems to increase risks of cancers of the breast, colon, prostate and ovary.

Get folate. The most recent research indicates that it may not just be dietary fiber that inhibits colon cancer, but the folate one gets in vegetables. Because folate has recently been associated with other health benefits, it could be wise to supplement with 400 mcg. Per day.

Maintain a healthy weight. The American Cancer Society (ACS) says being 40 percent overweight increases the risk of all cancers by 55 percent in women and 33 percent in men. It is higher in women because more sites are affected.

Exercise. Exercise is probably the most under-rated cancer fighter, according to the Department of So-

cial and Preventive Medicine at the State University of New York at Buffalo. The risk of colon cancer, for example, was found to be twice as great in sedentary people as in those with physically active occupations.

Get the most up-to-date tests. The ACS recommends a general cancer-related checkup and tests every three years for people 20 to 40 years of age and a test every year after that.

Tests for men should include examinations of the thyroid, testes, prostate, mouth, lymph nodes and skin. Men should be checked for colon and rectal cancer every year after age 40. Colorectal cancer is the second leading cause of men's cancer deaths. Women should be checked for breast and cervical cancer every year after the age of 20.

The 'Big Five' immunity boosters

Want to ward off that spring cold and be less likely to get any sickness later in the year?

Boost your immunity. These are the five best immunity boosters, according to Harvard Medical School:

Beta-carotene: This well-known infection fighter protects the mouth, throat, nose and sinuses. It's found in dark green and bright orange veg-

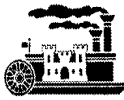
etables including broccoli, pumpkin, spinach, squash and sweet potatoes.

Vitamin C: this big nutrient revs up production of interferon to help neutralize viruses and bacteria. It's extra potent when combined with vitamin E. Find C in fruits and such vegetables as asparagus, broccoli, cabbage, kale, peppers, tomatoes, potatoes and snow peas.

Vitamin E: It's tops for warding off viral infections and respiratory illnesses. Some is found in vegetable oil, nuts, whole grains, fish, dark greens and pumpkin. It is difficult to get enough for protection, so a supplement of 200 mg. per day may be in order.

Vitamin B6: A known strengthener of immunity, it is found

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Retiree Review

By the Retiree Correspondent

St. Patrick's Day came a day early for the retirees, or they celebrated a day late. In any event, the March luncheon was an enjoyable event. Many of them had so much fun the day before, celebrating St. Pat's, that they just continued on Thursday. Many of them were still "wearing-of-the-green."

Bob and Barb Lutz said they had just returned from a trip to the West Coast. It was a church and pleasure trip. They were in the San Diego area and made it a point to visit the Bakers. They are doing just fine and enjoying the beautiful weather in Southern California and send their best. Jim plays a good deal of golf and is very protective of his home, since it is right on the golf course. In fact, when they were about to play the hole that was "in Jim's backyard," Jim said that they would just skip it and go to the next hole. Maybe Jim remembers how Bob plays. Bob also mentioned that the Spring tournament is scheduled for April 16, and hoped to see many of the retirees there. He also mentioned that the league play will start the following Tuesday, April 20.

Charlie Denzel stated that he was going to the NARFE convention in Springfield, Missouri, the week of April 12-16. He said one of the main topics to be discussed will be a bill being introduced in the Missouri State Legislature to eliminate taxes on "the amount of any annuities, pensions or retirement allowances annually provided by any law of the United States to the taxpayer." A similar bill was introduced last year, but died in committee because there was not enough grassroots support for the law. Charlie said he will bring to the May luncheon more particulars on this bill and any other items discussed and would suggest that all retirees con-

sider writing their state legislature in support of the legislation.

Lew and Helen Scheuermann mentioned they had recently talked to the Huizengas and that they are over their winter colds. They are currently busy planning a wedding - no not theirs - but for their son. After all this time he has decided to take the big step. Someone mentioned that maybe he wanted to see if his parents marriage would last, and it did for more than 50 years. Congratulations to the Huizengas.

Jim and Georgia Petersen said they had just returned from a long stay in Florida. They both look great and rested. Jim said he spent a little time with Mike Cullen and his wife. They are really enjoying retirement. Jim said he hopes to make more of the luncheons this year since he has rearranged his very busy schedule to make time. This seems to be the problem that all retirees have - a very busy schedule. How did we do it when we were working.

Marie Puricelli brought Pete along and even let him say a few words. He said he was asked to mention that the District is having a Change of Command ceremony on July 30, at 11:30 a.m. at the Regal Hotel. The District would like to have representation from the retirees. Watch the ESPRIT for details. Pete said that he recently met Jack Rasmussen at a local discount store. Jack looks great, even better than he did when he was working. Maybe it's the absence of the stress of the job. He said he is just enjoying retirement and doing whatever retirees do - as little as possible. Pete also reminded everyone to mark their calendar for the May luncheon - May 20th. Mike Hauser will present a pictorial travelogue of his trip to Russia. Let's see if we can provide Mike with a large audience.

Big Five (continued)

in beans, cabbage, cauliflower, potatoes and walnuts.

Zinc: It is essential to the production of white blood cells that produce antibodies. Rich sources are oysters, milk, Brazil nuts, seeds, and whole grains.

If your diet doesn't include all of these foods, it could be wise to take a multivitamin for protection.

Sentence revision

In fact, we regularly survey our customers. *Traps avoided:* Verb-noun *conduct surveys*; prepositional phrase, *on a regular basis*.

Earth Day, April 22, 1999

Taking care of the planet

On April 22, we mark the 29th celebration of Earth Day. It was first celebrated in 1970 by anti-pollution activists who were concerned about the future of our planet.

Today, it is a reminder that the Earth belongs to all of us and that we are responsible for keeping it clean and using its resources wisely.

Our efforts have produced many improvements since 1970. The U.S. Index of leading Environmental indicators shows that the overall quality of the environment in both the U.S. and Canada has improved significantly in the past two decades.

The Index shows that since 1980, air quality has improved 40 percent because of declines in air pollutants targeted by the Environmental Protection Agency. There are less smog-producing nitrogen oxides and other pollutants in the air.

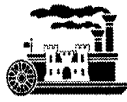
Water quality in most lakes and rivers has also improved. Levels of toxic materials have declined. The Great Lakes are no longer overwhelmed with contaminants such as DDT and PCBs.

The Pacific Research Institute of San Francisco finds that forestlands are being regenerated

productively and wetlands appear to be remaining constant.

Still, there are things individuals can do, such as:

- * Don't litter.
- * Work with organizations that adopt streams, parks or stretches of roadside to clean up and beautify.
- * Encourage people to recycle.
- * Save water. Don't let it run while you brush your teeth. Take shorter showers and take showers instead of baths.
- * Care about wild creatures. Don't destroy their homes. Be careful with fire. Abide by hunting and fishing laws.
- * Plant a tree if you can.
- * Use products that can be reused several times, like cloth towels.
- * Watch what you pour down the drain. Don't pollute ground water.
- * Save energy. Turn off lights, have air conditioners cleaned and ride a bike instead of driving.



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